



Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living

Nanette E. Tummers

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Through *Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living*, you can

- help kids become more confident and self-directed,
- use a holistic approach to enrich students' lives, and
- guide kids to manage stress more effectively.

Yoga is gaining popularity in schools and community programs for good reason: It provides an antidote to our fast-paced, technology-based society in which we never stop to relax, dig deeper, and learn more about ourselves and the world around us.

Through *Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living*, you can employ a simple, safe, and pragmatic method for yoga instruction even if you've never taught it before. The clear, step-by-step directions and ample illustrations make it easy for you to present each of the activities, lessons, and 52 poses included in the book.

These lessons are based on a holistic approach that focuses on the physical, mental, emotional, and spiritual aspects of yoga. The book introduces basic yoga philosophy in simplified take-home messages that help students live better lives. It also explains how yoga can enrich students' health and why it should be a vital part of their lives. Yoga students commonly

- improve their self-awareness and emotional intelligence;
- enhance their abilities to focus and concentrate;
- develop greater cardiorespiratory endurance, muscular strength and endurance, and flexibility; and
- learn how to handle stress (particularly helpful for kids with learning, behavioral, or social and economic challenges).

This visual and user-friendly book is based on applied research and evidence from piloted programs, and it applies the pedagogical standards of the National Association for Sport and Physical Education. The book supplies lessons and unit plans, and you'll learn all about the basic physical poses, breathing techniques, play, visualizations, and relaxation methods. You'll also discover how to teach yoga effectively and learn the science and movement principles behind yoga.

Teaching yoga can help you create a safe and relaxed atmosphere for students. You can use a multiple-intelligence approach to engage all of your students, particularly those who don't enjoy traditional sport-based activities. Yoga requires little or no equipment and can be adapted to anyone's needs. It helps people slow down and discover, or rediscover, who they are. Best of all, anyone can do it. With the expert guidance and practical approach of this text, yoga can revitalize your classroom and your students.

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Richard McCain:

Reading can called imagination hangout, why? Because when you find yourself reading a book specifically book entitled Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living the mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a book then become one form conclusion and explanation in which maybe you never get before. The Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living giving you one more experience more than blown away your head but also giving you useful information for your better life with this era. So now let us present to you the relaxing pattern here is your body and mind will likely be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

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In this period globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher that print many kinds of book. The book that recommended for your requirements is Teaching Yoga for Life: Preparing Children and Teens for Healthy, Balanced Living this guide consist a lot of the information with the condition of this world now. This particular book was represented just how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. Typically the writer made some exploration when he makes this book. Honestly, that is why this book ideal all of you.

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